INTEGRATING

360° WELLNESS

IN EPILEPSY AND NEUROPATHIC PAIN

SEIZURES IN EPILEPSY[1]

A seizure occurs when there's a sudden surge of electrical activity in the brain, causing temporary disruptions in behavior, movements, feelings, or levels of consciousness.

DID YOU KNOW?[2,3,4]

10–12 million
people in India live with epilepsy

Not all seizures involve convulsions. Some may be brief lapses in awareness, unusual sensations, or minor movements.

Seizures can be triggered by lack of sleep, stress, flashing lights, or missed medication

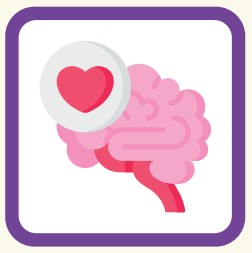
COMMON SYMPTOMS[1]

Loss of awareness or consciousness

Involuntary movements / jerking

Memory lapses

Confusion



Unusual sensations

SMART LIVING HACKS

Medication Memory Tricks[5,6,7]

Set Alarms
Use your phone or a medication reminder app to alert you when it's time to take your medication.

Pill Organizer
Use a weekly pill organizer to keep track of your doses.

Medication Journal
Maintain a journal to record your medication schedule and any side effects.

Sleep, Food & Fitness – The Power Trio[8]

Sleep
Aim for 7-9 hours of quality sleep per night to reduce seizure risk.

Diet
Maintain a balanced diet; certain diets like the ketogenic diet may help control seizures.

Exercise
Engage in regular physical activity, such as walking or yoga, to improve overall health.

Everyday Safety "Life Hacks"[4,5-7]

Cooking

Use microwave ovens or slow cookers instead of stove to reduce the risk of burns.

Swimming

Never swim alone; always have a companion nearby.

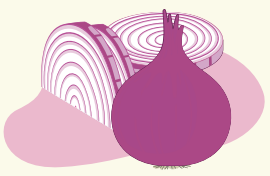
Driving

Check local laws regarding driving with epilepsy; some regions may have restrictions.

Travelling

Inform airline staff about your condition and carry necessary medications.

MYTHS AND FACTS[9,10]

MYTHS	FACTS
Epilepsy Is Contagious.	Epilepsy is non-contagious and cannot be passed on to others by touching the patient. The patient having a seizure is in need of help and should be given the appropriate care.
People with epilepsy cannot live normal lives.	With proper treatment, most people with epilepsy can live full, active lives, including working, studying, marrying, and having children.
Epilepsy only affects children.	Affects people of all ages, but it often begins in childhood or after age 60
 **Smelling an onion Or a dirty shoe can Terminate ongoing Epileptic attack.**	Sniffing an onion or dirty shoe to stop epileptic seizures are non-medical measures and are not effective. Caregivers should be made aware of first-aid measures required during a seizure.

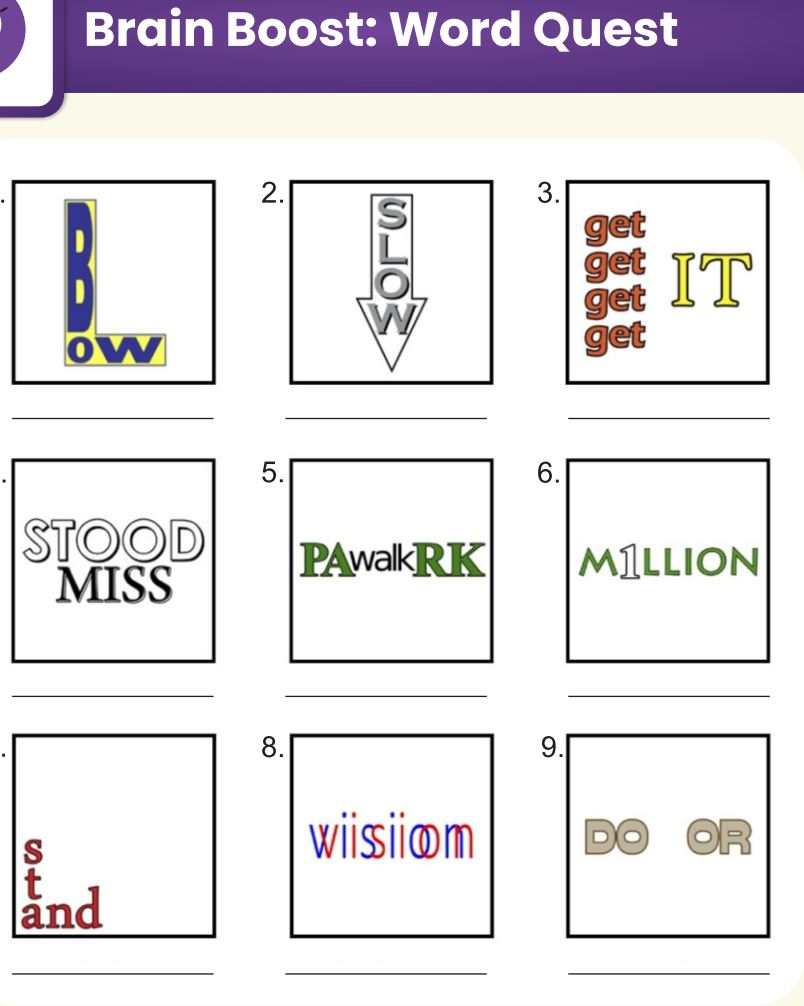
The mystery of Ronaldo's seizure attack before the 1998 final[11]

In the 1998 World Cup final, Brazil's star striker, 21-year-old Ronaldo, suffered a seizure just hours before the match, raising concerns about his ability to play. Despite the scare, he took to the field, but Brazil were outclassed by France, losing 3-0. The cause of Ronaldo's illness remains unclear, with theories ranging from medication reactions to outside pressure from sponsors. Back home, the team was still welcomed as heroes, and Ronaldo received the Golden Ball as the tournament's best player. His career faced further setbacks with injuries, but he made a remarkable comeback in the 2002 World Cup, scoring twice in the final to lead Brazil to victory. This story shows the resilience and determination of a player who overcame health scares and setbacks to achieve redemption.

Humor Corner

My alarm doesn't just wake me up—it also nags me like a mom:

Brain Boost: Word Quest



Answers : 1. Elbow, **2.** Slow Down, **3.** Forget it, **4.** Misunderstood, **5.** Walk in the Park, **6.** One in a Million, **7.** Stand in the Corner, **8.** Double Vision, **9.** Open Door

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NEUROPATHIC PAIN

Neuropathic pain occurs when nerves are damaged or malfunctioning, sending pain signals even without an actual injury. It may result from diabetes, infections, autoimmune diseases, poor nutrition, toxins, or injuries.[12]

Causes of Neuropathic Pain[13,14]

Diabetes

Vitamin deficiencies

Alcohol use

Certain medications

Infections

Nerve injury

LIFESTYLE & WELLNESS

Nutrition that Supports Nerve Health[21]

To keep your nerves healthy, eat foods rich in B vitamins like eggs, fish, meat, milk, and leafy greens. Include omega-3 fats from salmon, walnuts, and flaxseeds to protect your nerves. Eat plenty of fruits and vegetables for antioxidants that help repair nerve damage. Drink enough water and avoid too much sugar or processed foods, as they can harm nerves. A balanced diet with these foods helps your nerves stay strong and work properly.

Sleep & Pain Management[22]

Pain disrupts sleep, & lack of rest increases stress & inflammation—worsening pain. Improving sleep hygiene is crucial.

Stress Relief Practices[23]

Mind-Body Techniques like yoga, meditation, and guided imagery lower stress and reduce pain perception.

Daily Life Hacks for Comfort[15,16,17]

Warm Foot Baths with Epsom salts or essential oils can ease neuropathic discomfort.

Cold Compresses or Ice Packs help reduce inflammation in acute cases, especially chemotherapy-induced neuropathy.

Foot Massage improves circulation, reducing pain and stiffness.

Compression Socks shrink swelling and ease nerve pressure.

Topical Pain Relievers (creams or patches) offer direct relief.

Safe Movement & Gentle Exercises[18]

Gentle Aerobic Activities
(walking, swimming, cycling) boost blood flow to nerves and reduce discomfort.

Water Aerobics
provide low-impact strength and circulation support.

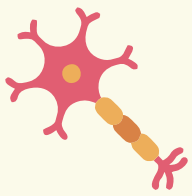
Strength & Balance Training,
including resistance exercises, help especially with chemotherapy-related neuropathy.

Foot Care Essentials[19,20]

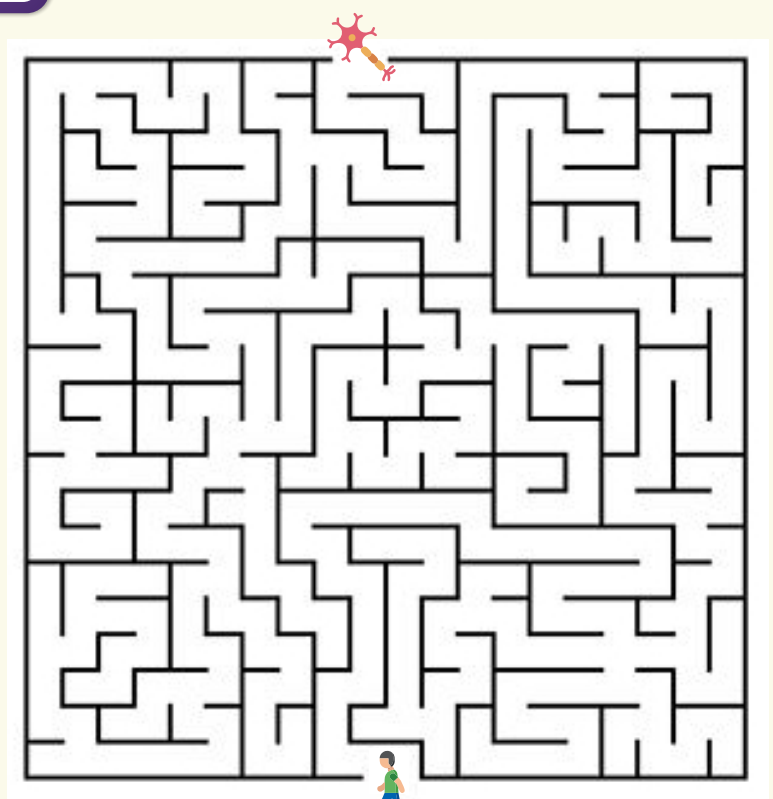
Regular Foot Checks
are vital, especially for those with diabetes, to prevent injuries, infections, or ulcers. Use a mirror to easily check the bottom of your feet.

Proper Footwear
that fits well and protects against pressure or injury is key.

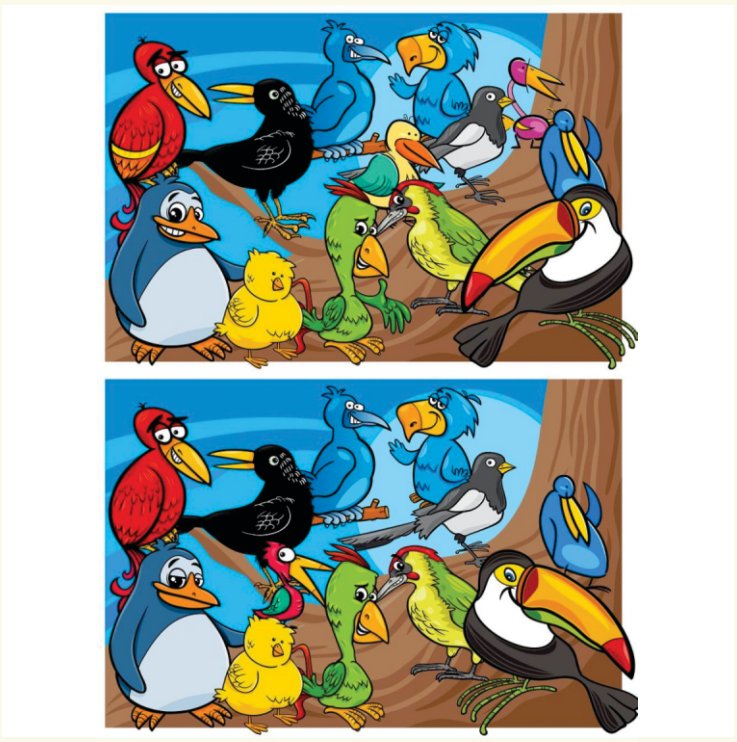
MYTHS AND FACTS[23-26]

MYTHS	FACTS
 **I've Heard, "Nerves don't regenerate. Once damaged...that's it!**	Studies show that peripheral nerves can be repaired using therapies like neurotropic nutrients, low-level laser therapy, exercise, and proper nutrition.
I only have numbness and tingling, so it's no big deal.	Many neuropathy patients ignore mild numbness or tingling, thinking it will go away, but studies show that 75% who do nothing develop pain or disability within a year, and symptoms can worsen if left untreated.
Neuropathy is a natural result of aging.	Neuropathy, now affecting people as young as 30, can be prevented with early care, helping you grow older without severe nerve damage.
I have to accept my neuropathy and learn to live with it.	Neuropathy can be treated and improved through nerve stimulation, detox, glucose control, and proper nutrients, so don't leave it untreated.

Journey to Healthy Nerves!



Find the Differences



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